



# IT'S A GREAT DAY!

## MAY 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
		<b>1</b> <b>6AM BATTLE ROPES</b> <b>5:30PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>2</b> <b>5PM POWER YOGA</b> <b>NO CLASS</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>3</b> <b>6AM BATTLE ROPES</b>	<b>4</b> <b>8:30AM VINYASA YOGA</b> <b>9:30 AM MORNING YOGA</b>	<p><b>Hours of Operation</b>  <b>Mon-Thurs:</b>                      5:00AM - 9:00PM  <b>Friday:</b>                      5:00AM - 7:30PM  <b>Saturday:</b>                      8:00AM - 1:00PM  <b>Sunday:</b>                      1:00PM - 5:00PM</p> <p><b>Child Watch Hours</b>  <b>Monday-Thursday</b>                      4:00PM-8:00PM</p> <p><b>Check Out Our FB page</b>  <b>For Group Exercise Changes/Updates</b>  <a href="https://facebook.com/swccymca">facebook.com/swccymca</a></p> <p><b>Have Questions? Contact Us!</b>  <b>Phone: 276-964-7600</b></p> <p><b>YMCA Mission</b>                      To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p>
<b>6</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>7</b> <b>5PM SLOW FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>8</b> <b>6AM BATTLE ROPES</b> <b>5:30PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>9</b> <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>10</b> <b>6AM BATTLE ROPES</b>	<b>11</b> <b>8:30AM VINYASA YOGA</b> <b>9:30 AM MORNING YOGA</b>	
<b>13</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>14</b> <b>5PM SLOW FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>15</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>16</b> <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>NO CLASS</b> <b>6PM POUND</b>	<b>17</b> <b>6AM BATTLE ROPES</b>	<b>18</b> <b>8:30AM VINYASA YOGA</b> <b>NO CLASS</b> <b>9:30 AM MORNING YOGA</b> <b>NO CLASS</b>	
<b>20</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>21</b> <b>5PM SLOW FLOW YOGA</b> <b>NO CLASS</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>22</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>23</b> <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>24</b> <b>6AM BATTLE ROPES</b>	<b>25</b> <b>8:30AM VINYASA YOGA</b> <b>9:30 AM MORNING YOGA</b>	
<b>27</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>28</b> <b>5PM SLOW FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>29</b> <b>6AM BATTLE ROPES</b> <b>5:30 PM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	<b>30</b> <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	<b>31</b> <b>6AM BATTLE ROPES</b>		